



ABSOLUTE
ORTHODONTIC SERVICES

TWIN BLOCK APPLIANCE

Wear your Twin Block **ALL** the time, (i.e. day and night).

If your Twin Block has been fitted with an expansion screw then you need to activate the screw with the key provided. It is best to activate the expansion screw in the mornings.

Your Twin Block will only work effectively if you keep it in while you eat. This allows much faster muscle training and adaptation and therefore quicker jaw development. This means a faster treatment time for you.

For the first few days you will need to eat soft food that has been cut up into little pieces. This will help you get used to your Twin Block more easily.

So that your speech returns to normal as quickly as possible, try reading out loud to yourself, for about 15 minutes during the first evening. This helps your tongue, lips, and cheeks get used to the bulkiness of the Twin Block.

You should remove your Twin Block when you:

- brush your teeth
- play contact sport
- swim

Please keep your Twin Block in your Plate box when ever it is out of your mouth.

Beware! Dogs love to eat Twin Blocks so don't leave them lying around.

Using cold water and your toothbrush, (no toothpaste), clean your Twin Block after each meal. Replace it in your mouth immediately after you've finished cleaning. If the plates get a white residue on them, soak them in vinegar for 10 minutes and then brush them normally.

If either half of your Twin Block becomes loose, you may need it checked earlier than your next scheduled appointment. Please call us to find out. This is especially important for the bottom half of your Twin Block.

As it is normal for your mouth to change over time your Orthodontist will make special arrangements for you to get periodic adjustments to ensure that your Twin Block is working correctly.

If you have any problems at all or if you damage or lose your Twin Block, or if it does not fit properly for any reason, please contact your Orthodontist immediately.